

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-10 (cancelled)

Claim 11 (new): A fitness apparatus comprising:

actuating means for receiving an applied force from a user of the fitness apparatus;

drive means for producing a load on the actuating means in opposition to the applied force; and

sensor means for continually sensing the applied force by the user and varying the load on the actuating means in response to sensed variations in the applied force.

Claim 12 (new): The arrangement as claimed in claim 11, wherein the drive means comprises a drive, in particular an electric motor for producing the load.

Claim 13 (new): The arrangement as claimed in claim 12, wherein a gear unit is arranged between the actuating means and the drive means.

Claim 14 (new): The arrangement as claimed in claim 13, wherein the sensor means comprises a force sensor which is associated with at least one of the actuating means and the gear unit.

Claim 15 (new): The arrangement as claimed in claim 11, wherein the actuating means moves about and/or along at least one of axis (X, Y, Z).

Claim 16 (new): A fitness apparatus according to claim 11, further including means for measuring at least one of the blood pressure and pulse of the user while the user applies force to the actuating means, comparing the measured to stored blood pressure and pulse, and, if necessary, resetting the load in response to compared blood pressure and pulse.

Claim 17 (new): A fitness apparatus according to claim 16, further including means for storing measured blood pressure and pulse.